

## 5 A Day Recipes

### Side Dishes

#### Steamed Carrots With Apricots

**Serves 8**

- 1 cup dried apricots
- 3 Tbsp. water
- chopped fresh parsley or dill for garnish
- 3 cups carrots, cut into ½" rounds
- 1 tsp. margarine pinch of sugar

Soak apricots in hot water for 1½ hours. Pat dry and cut in julienne strips. In a skillet with a tightly fitting lid, combine scraped carrots, water, margarine and sugar. Cover and cook over medium heat for 12 to 15 minutes or until carrots are fork tender. Shake occasionally to prevent sticking. Stir in apricots and heat through. Serve garnished with parsley or dill.

#### Nutritional Analysis Per Serving

Calories: 36  
Cholesterol: 0  
Fiber: 3 g  
Sodium: 30 mg  
%Calories from Protein: 7%  
%Calories from Carbohydrates: 79%  
%Calories from Fat: 14%

This is an official 5 a Day recipe, and provides eight people with 1 ¼ servings of fruit/vegetables each.